

Pirette Practice Agenda

- Dress out for practice (3:00-3:10)
- Warm Up (3:10-3:25)
- 4 min Water break
- 15 mins of drills (3:30-3:45)
- 4 min Water break / Halftime split Bell
- 15 mins Practice (3:50 - 4:05)
- 4 min Water break
- 15 mins Practice (4:10-4:25)
- 4 min Water break
- 15 mins Wrap up Practice (4:30-4:45)
- Head to the busses (4:45)

**Athletes are allowed water at any time they need